



***Week ending issue: February 6, 2015 – Issue #240***

## ***Policy***

### **From the WIC Services Policy and Procedure Manual – 340.35 Evaluating Breast Pumps - Electric Breast Pumps**

Electric pumps (including battery pumps) should be evaluated for safety, effectiveness, comfort, and convenience.

Electric and battery pumps and their collection kits should be:

- Easy to disassemble and reassemble,
- Easy to clean using common household detergents,
- Easy to convert to a manual pump, and
- Portable with a carrying case.

The milk collection container should:

- Be easy to remove with minimal spillage,
- Hold a minimum of four (4) ounces, and
- Be a container that can be used for feeding.

The electric pump should:

- Regulate the amount of suction control
- Alternate pressure setting during milk collection, and
- Automatically cycle at a minimum of 40 times per minute.

Print materials should:

- Include pictures or diagrams that support the directions
- Be available in languages other than English, and
- Be written at an appropriate literacy level.

Electric pumps should:

- Use a standard electrical outlet and
- Have a UL approved power cord and plug.

Note: Encourage mothers using battery pumps to carry extra batteries with them. Rechargeable batteries may save money spent on batteries.

## Information

### **FYI- Cheese and Food Package VII**

Can a participant receiving Food Package VII (the only food package that comes with a standard pound of cheese) substitute that cheese for milk? The answer is **NO**, it cannot be substituted for 3 qts of milk. A direct quote out of guidance we have received from the National office states a state can eliminate cheese as a substitute for milk in all food packages except Food Package VII (In Food Package VII it is a separate food category)".

## Thank you of the Week

### **Thank you of the week**

"To me and my family, WIC is worth a lot more than the \$100 it saves us on groceries every month. It has laid the foundation for healthy eating habits for years to come. At times, it forced me to get creative with beans and rice and I am grateful for that. Whole wheat bread was never something I would voluntarily buy and now if I'm out of WIC checks I still only buy 100% whole wheat bread. If I find myself in the position of needing to buy juice I will settle for nothing less than 100% juice. What I'm saying is that these eating/purchasing habits are bound to continue even past the period of time my family is receiving benefits. That's what it's all about."

– WIC Participant, Iowa

*\*We would love to hear from you! If you have a comment or story about how WIC has made a difference for you and your family we'd love to hear it! (We won't use your name!) Please send it to us in a pm and you could be featured in our next "Thank you of the Week" post!*

## Participant Centered Services

What is the spirit of Participant Centered Services?

- Genuinely warm and respectful, with both sides bringing something to the table.
- Accepting and understanding even if you don't agree.
- Individualized and emphasizes freedom of choice
- Collaborative, walking side-by-side rather than one pushing or pulling the other along.
- Dancing vs. wrestling

## Save the Date

### **Maternal Nutrition Workshop & Breastfeeding Workshop**

Please see the information for the Maternal Nutrition & Breastfeeding Workshops on March 24 & 25, 2015 at the end of this Friday Facts.

## Find Us on Facebook



<https://www.facebook.com/IowaWIC>

## Dates to Remember

**2015** \*\*\*\*note highlighted dates and topics indicate a change from the usual\*\*\*\*

### New Employee Training Go-To Meeting

- NETC Go-To- Meeting (All New Staff) – March 12, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – March 19, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) - March 26, from 8:30- 11:30
  
- NETC Go-To- Meeting (All New Staff) – May 14, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) – May 21, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) - May 28, from 8:30- 11:30
- \*\*\*\* Please note changes in order of trainings for May
  
- NETC Go-To- Meeting (All New Staff) – July 9, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – July 16, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) - July 23, from 8:30- 11:30
  
- NETC Go-To- Meeting (All New Staff) – September 10, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – September 17, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) - September 24, from 8:30- 11:30
  
- NETC Go-To- Meeting (All New Staff) – November 12, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – November 18, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) - November 19, from 8:30- 11:30
- \*\*Please note the dates in November.

### Core Trainings

- Maternal Nutrition: March 24, 2015
- Breastfeeding Nutrition: March 25, 2015
- WIC Contractor In Person Meeting: August 25, 2015
- Infant/Child Nutrition: September 1, 2015
- Communication and Rapport: October 28, 2015

## Available Formula

Product	Quantity	Expiration Date	Agency	Contact
Vanilla Pediasure 1.5 Calorie w/Fier	3 cases (24 cans/case)	2/2015	MICA	Sierra Meyer 515-232-9020 x105
Pediasure Peptide 1.0	16 containers	7/2015	NICAO	Janelle Pansegram 641-423-5044 x35
Powdered Nutricia Neocate Infant DHA/ARA Amino Acid Based Infant Formula w/iron	5 cans	8/2015	North Iowa Community Action	Carla Miller 641-432-5044 X24
Similac PM 60/40	1 can	1/2016	Broadlawns	Kathy Flagg 515-263-5660
Calcilo XD	1 can	2/2017		

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer

## General Information

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**Registration fee** The registration fee for each workshop is \$40.00. This fee covers lunch, breaks and print materials. Lunch will be prepared and served by students in the culinary arts program in the Bistro or a local caterer.

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**Deadline** Space is limited so pre-registration is required by March 16, 2015.

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**How to register** You may register by:

- Mail using the enclosed registration form, or by
- Telephone by calling (515) 964-6800 or 1-800-342-0033 or
- Register online  
at <https://ce.dmacctraining.com/dmacc2/public/store/search.do?navigator=courseCategories>

This event would only be cancelled due to natural or political catastrophes with notice provided to all registrants via phone and email.

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**Location** Both workshops will be held at the Ankeny campus of the Des Moines Area Community College. The workshops will be in the “Oak Room” in the Conference Center (also referred to as Building 7).

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**Parking** Parking is available at no charge. Use Lot E for easy access to the Conference Center. A map of the campus is enclosed for your reference.

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**Lodging** Lodging is available in the Ankeny and Des Moines area. Call the hotel directly to negotiate a rate.

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**CEUs**

- Each workshop has been approved for 6 contact hours.
- Continuing education units have been requested for registered nurses through Nursing Provider Number 22.
- Certificates of attendance will be provided to registered and licensed dietitians to document activities for their professional development portfolios.
- Professional License numbers are required for CEUs. Please bring this information with you on the day of the event.

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## General Information, Continued

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**Directions from Interstate 35** Follow these directions if you will be traveling to Ankeny on Interstate 35.

Step	Action
1	Exit the interstate at Exit 90 and turn west onto Oralabor Road (also known as Highway 160). <u>Note:</u> This exit is marked for the community college.
2	Move to the right lane and continue on Oralabor Road to the intersection with Highway 69.
3	Turn north (right) onto Highway 69 and move to the left lane.
4	Continue on Highway 69 to the first stoplight and turn west into the campus.
5	Watch for signs to the Conference Center.

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**Directions from Interstate 80** Follow these directions if you will be traveling to Ankeny from Interstate 80.

Step	Action
1	Exit the interstate at Exit 136 and turn north onto Highway 69.
2	Move to the left lane and continue north on Highway 69 approximately three miles. At the intersection with Highway 160, you can see the campus across the intersection and to the left.
3	Continue north through the intersection. Turn west (left) at the next stoplight to enter the campus.
4	Watch for signs to the Conference Center.

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**Meeting sponsors** These workshops are sponsored by the Iowa WIC Program, Iowa Department of Public Health.

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**Questions** Use the table below to determine who to call with questions.

IF you have questions about...	THEN call...
registration	(515) 256-4908.
the agenda	1 (800) 532-1579 and ask for Nikki.

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## REGISTRATION

### Maternal Nutrition Workshop Breastfeeding Workshop

March 24 and 25, 2015

Name: \_\_\_\_\_ Daytime phone: \_\_\_\_\_  
Address: \_\_\_\_\_ Social Security #: \_\_\_\_\_  
\_\_\_\_\_  
Date of Birth: \_\_\_\_\_  
\_\_\_\_\_  
Agency: \_\_\_\_\_

**I am registering for the following workshop(s) (*please check one*):**

- Both days  
 March 24 only (Maternal) — NURS 983 CRN 28508-200 (6 contact hours)  
 March 25 only (Breastfeeding) — NURS 984 CRN 28509-200 (6 contact hours)

The registration fee is \$40 for each workshop. Please make checks payable to Des Moines Area Community College.

**Send this form and payment by March 16, 2015 to:**

Des Moines Area Community College  
Registration Building 1  
2006 Ankeny Blvd.  
Ankeny, Iowa 50023

# ANKENY CAMPUS

